

INTRO

Hello. I'm _____ calling for the State Department of Health Services located in Sacramento.

Is this (phone number) ?

1. No -----> **Thank you very much, but I seem to have dialed the wrong number. (STOP)**
2. Yes -----> **(CONTINUE)**

We are working on a special statewide research project about eating and exercise behaviors of 12-17 year olds. Are you a member of this household and at least 18 years old? (Note: Household members are people who think of the households as their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

May I speak with a member of the household who is at least 18 years old?

May I speak with the male or female head of household? [Interviewer: This question is asked only of households that report no adults age 18 or over. This is an effort to gain permission for the interview from the reported head of the household.]

Hello, my name is _____, and I'm calling from the California Department of Health in Sacramento. We are working on a special statewide research project about eating and exercise behaviors of 12-17 year olds. Are you the male or female head of the household?

First, I need to determine if your household is eligible to participate in this survey. Are there any persons living in this household who are at least 12 years old but younger than 18? (Note: Household members are people who think of the households their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

How many people in your household are at least 12 years of age but younger than 18?

How many adults age 18 or over live in your household?

The selected person in your household is the _____ year old. Once again, this research is designed to gather information about eating, physical activity and exercise.

SELECTED

The person in your household I need to speak with is the (SELECTED) .

Are you the (SELECTED) ?

(N – May I speak with _____?)

START

Hello, my name is (interviewer name) and I'm calling from the State Department of Health in Sacramento. We are working on a special statewide research project about exercise and eating behaviors of 12-17 year olds.

We recently spoke with someone in your household to let them know we would be calling to

ask for your help with our study. While your participation is voluntary, it is VERY IMPORTANT to the success of the project.

Your answers will be kept confidential and will only be used for the purposes of this research or as required by law. Your name will NEVER be associated with any information you give us.

I would like to begin by verifying some general information about you.

{“12-17” Age Determination and Enumeration Series Asked Here}
{Schooling and Education Determination Series Asked Here}

Q6. Do you go to school now?

(Y-SKPQ8/NEVER BEEN-SKPQ19/HOME SCHOOL-SKPQ19/DK-SKPQ9/R-SKPQ9)

Q7. Will you return to school next term?

Q8. [If Q6= Y, ask:] **Does the school have an open campus for lunch?**

[If Q6= N/DK/R, ask:] **Did the school have an open campus for lunch?**

[If completed high school, ask:] **Did the high school have an open campus for lunch?**

Q9. [If Q6= Y, ask:] **Do you go to public or private school?**

[If Q6= N/DK/R, ask:] **Did you go to public or private school?**

[If completed high school, ask:] **Did you go to public or private high school?**

(PUBLIC/R-SKPQ11)

Q10. [If Q6= Y, ask:] **Is the school supported or directed by a religious group or church?**

[If Q6= N/DK/R, ask:] **Was the school supported or directed by a religious group or church?**

[If completed high school, ask:] **Was the high school supported or directed by a religious group or church?**

Q11. Have you attended school in the past 2 weeks?

(N-SKPQ13)

Q12. Were you in school yesterday?

Q13. [If Q6= Y, ask:] **How much do you like school? Would you say a lot, some, very little, or not at all?**

[If Q6= N/DK/R or if completed high school, ask:] **How much did you like school? Would you say a lot, some, very little, or not at all?**

Q14. [If Q6= Y, ask:] **How do you do in school? Would you say much better than average, better than average, average, or below average?**

[If Q6= N/DK/R or if completed high school, ask:] **How did you do in school? Would you say much better than average, better than average, average, or below average?**

Q15. In the last year, have you taken a class or course at school in which the health effects of physical activity and exercise were discussed?

(N/DK/R-SKP Q17)

Q16. Do you think the class helped in getting you to exercise or be physically active?

Q17. In the last year, have you taken a class or course at school in which the health effects of good eating habits were discussed?

(N/DK/R-SKP Q19)

Q18. **Do you think the class helped you eat healthier foods?**

Q19. **Yesterday, did you eat or drink anything for breakfast?**
(N/DK/R-SKP Q34)

Q20. **Did you eat any fruits or vegetables, or drink any juice for breakfast yesterday?**
(N/DK/R-SKP Q34)

Q21. **Which fruits, vegetables, or juice did you have for breakfast yesterday? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) (List up to five types.)**

(OTHER-SPECIFY/DK/R-SKP Q34)

(IF POTATO, GO TO Q22, ELSE GO TO Q23)

Q22. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?**

(IF Q21= MELON, GO TO Q23, ELSE GO TO Q24)

Q23. **What kind of melon did you have?**

(IF Q21= DRIED FRUIT, GO TO Q24, ELSE GO TO Q25)

Q24. **What kind of dried fruit did you have?**

(IF Q21= LETTUCE OR LETTUCE AND TOMATO, GO TO Q25, ELSE GO TO Q26)

Q25. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

(IF Q21= TOMATO OR LETTUCE AND TOMATO, GO TO Q26, ELSE GO TO Q27)

Q26. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else, or just tomatoes?**

(IF Q25 OR 26= SANDWICH, BURGER, BURRITO, TACO, OR BURGER, GO TO Q27, ELSE GO TO Q28)

Q27. **How many sandwiches, burgers, burritos, or tacos did you eat that included lettuce and/or tomatoes?**

(IF Q21= MIXED FRUIT/FRUIT SALAD, GO TO Q28, ELSE GO TO Q29)

Q28. **What was the main fruit in your mixed fruits or mixed fruit salad?**

(IF Q21= MIXED VEGETABLES, STIR-FRIED VEGETABLES, OR MIXED VEGETABLE SALAD, GO TO Q29, ELSE GO TO Q30)

Q29. **What was the main vegetable in your (INSERT FROM Q21)?**

(IF Q21= SALAD, GREEN SALAD, MIXED GREEN SALAD, LETTUCE, OR LETTUCE AND TOMATO, GO TO Q30, ELSE GO TO Q33)

Q30. **In the green salad you ate, were there any ingredients other than lettuce?**

(N/DK/R-SKP Q32)

Q31. **Other than lettuce, what were the two main ingredients in the salad?**

Q32. **Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?**

Q33. (IF Q21= fruit then): **How many servings of (INSERT FROM Q21) did you eat for**

breakfast? A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.

(IF Q21= vegetable then): **How many servings of (*INSERT FROM Q21*) did you eat for breakfast? A serving is 1/2 cup or a big scoop of vegetables or a large green salad.**

(IF Q21= juice then): **How many servings of (*INSERT FROM Q21*) did you drink for breakfast? A serving of juice is 1/2 cup or a small glass.**

Q34. Yesterday, did you eat or drink anything between breakfast time and lunch time?
(N/DK/R-SKP Q49)

Q35. Did you eat any fruits or vegetables, or drink any juice?
(N/DK/R-SKP Q49)

Q36. Which fruits, vegetables, or juice did you have? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) (*List up to five types.*)

(OTHER: SPECIFY/DK/R-SKP Q49)

(IF POTATO, GO TO Q37, ELSE GO TO Q38)

Q37. Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?

(IF Q36= MELON, GO TO Q38, ELSE GO TO Q39)

Q38. What kind of melon did you have?

(IF Q36= DRIED FRUIT, GO TO Q39, ELSE GO TO Q40)

Q39. What kind of dried fruit did you have?

(IF Q36= LETTUCE OR LETTUCE AND TOMATO, GO TO Q40, ELSE GO TO Q43)

Q40. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?

(IF Q36= TOMATO OR LETTUCE AND TOMATO, GO TO Q41, ELSE GO TO Q43)

Q41. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else, or just tomatoes?

(IF Q40= SANDWICH, BURGER, BURRITO, OR TACO, GO TO Q42, ELSE GO TO Q43)

Q42. How many sandwiches, burgers, burritos, or tacos did you eat that included lettuce and/or tomatoes?

(IF Q36= MIXED FRUIT OR MIXED FRUIT SALAD, GO TO Q43, ELSE GO TO Q44)

Q43. What was the main fruit in your mixed fruits or mixed fruit salad?

(IF Q36= MIXED VEGETABLES, STIR FRIED VEGETABLES, OR MIXED VEGETABLE SALAD, GO TO Q44, ELSE GO TO Q45)

Q44. What was the main vegetable in your (*INSERT FROM Q36*)?

(IF Q36= SALAD, GREEN SALAD, MIXED GREEN SALAD, LETTUCE, OR LETTUCE AND TOMATO, GO TO Q45, ELSE GO TO Q48)

Q45. In the green salad you ate, were there any ingredients other than lettuce?

(N/DK/R-SKP Q47)

Q46. Other than lettuce, what were the two main ingredients in the salad?

Q47. Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Q48. (IF Q36= fruit then): How many servings of (*INSERT FROM Q36*) did you eat? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF Q36= vegetable then): How many servings of (*INSERT FROM Q36*) did you eat? (A serving is 1/2 cup or a big scoop of vegetables or a large green salad.)

(IF Q36= juice then): How many servings of (*INSERT FROM Q36*) did you drink? (A serving of juice is 1/2 cup or a small glass.)

Q49. Did you eat or drink anything for lunch yesterday?

(N/DK/R-SKP Q65)

Q50. Did you eat a school lunch yesterday?

Q51. Did you eat any fruits or vegetables, or drink any juice for lunch yesterday?

(IF Q50= Y, GO TO Q51A, ELSE GO TO Q51)

Q51a. Were there fruits or vegetables served with your school lunch?

(N/DK/R-SKP Q52)

(IF Q51= Y, GO TO Q51B, ELSE GO TO Q52)

Q51b. Did you eat the fruits or vegetables served with your school lunch?

(IF Q51= Y OR Q51B= Y, GO TO Q52, ELSE GO TO Q65)

Q52. Which fruits, vegetables, or juice did you have for lunch yesterday? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) (*List up to five types.*)

(DK/R-SKP Q65)

(IF POTATO, GO TO Q53, ELSE GO TO Q54)

Q53. Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?

(IF Q52= MELON, GO TO Q54, ELSE GO TO Q55)

Q54. What kind of melon did you have?

(IF Q52= DRIED FRUIT, GO TO Q55, ELSE GO TO Q56)

Q55. What kind of dried fruit did you have?

(IF Q52= LETTUCE OR LETTUCE AND TOMATO, GO TO Q56, ELSE GO TO Q57)

Q56. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?

(IF Q52= TOMATO OR LETTUCE AND TOMATO, GO TO Q57, ELSE GO TO Q59)

Q57. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else, or just tomatoes?

(IF Q56 OR Q57= SANDWICH, BURGER, BURRITO, OR TACO, GO TO Q58, ELSE GO TO Q59)

Q58. How many sandwiches, burgers, burritos, or tacos did you eat that included lettuce and/or tomatoes?

(IF Q52= MIXED FRUIT OR MIXED FRUIT SALAD, GO TO Q59, ELSE GO TO Q60)

Q59. What was the main fruit in your mixed fruits or mixed fruit salad?

(IF Q52= MIXED VEGETABLES, STIR FRIED VEGETABLES OR MIXED VEGETABLE SALAD, GO TO Q60, ELSE GO TO Q61)

Q60. What was the main vegetable in your (*INSERT FROM Q52*)?

(IF Q52= SALAD, GREEN SALAD, MIXED GREEN SALAD, LETTUCE, LETTUCE AND TOMATO, OR Q56= SALAD, GO TO Q61, ELSE GO TO Q64)

Q61. In the green salad you ate, were there any ingredients other than lettuce?

(N/DK/R-SKP Q63)

Q62. Other than lettuce, what were the two main ingredients in the salad?

Q63. Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Q64. (IF Q52= fruit then): How many servings of (*INSERT FROM Q52*) did you eat for lunch? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF Q52= vegetable then): How many servings of (*INSERT FROM Q52*) did you eat for lunch? (A serving is 1/2 cup or a big scoop of vegetables or a large green salad.)

(IF Q52= juice, then): How many servings of (*INSERT FROM Q52*) did you drink for lunch? (A serving of juice is 1/2 cup or a small glass.)

Q65. Yesterday, did you eat or drink anything between lunch time and dinner time?

(N/DK/R-SKP Q80)

Q66. Did you eat any fruits or vegetables, or drink any juice?

(N/DK/R-SKP Q80)

Q67. Which fruits, vegetables, or juice did you have? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) (*List up to five types.*)

(OTHER-SPECIFY/DK/R-SKP Q80)

(IF POTATO, GO TO Q68, ELSE GO TO Q69)

Q68. Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?

(IF Q67= MELON, GO TO Q69, ELSE GO Q70)

Q69. What kind of melon did you have?

(IF Q67= DRIED FRUIT, GO TO Q70, ELSE GO TO Q71)

Q70. What kind of dried fruit did you have?

(IF Q67= LETTUCE OR LETTUCE AND TOMATO, GO TO Q41, ELSE GO TO Q72)

Q71. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?

(IF Q67= TOMATO OR LETTUCE AND TOMATO GO TO Q72, ELSE GO TO Q74)

Q72. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else, or just tomatoes?

(IF Q71 OR Q72= SANDWICH, BURGER, BURRITOS OR TACOS, GO TO Q73, ELSE GO TO Q74)

Q73. How many sandwiches, burgers, burritos, or tacos did you eat that included lettuce and/or tomatoes?

(IF Q67= MIXED FRUIT OR MIXED FRUIT SALAD GO TO Q74 ELSE GO TO Q75)

Q74. What was the main fruit in your mixed fruits or mixed fruit salad?

(IF Q67= MIXED VEGETABLES OR STIR FRIED VEGETABLES OR MIXED VEGETABLE SALAD, GO TO Q75, ELSE GO TO Q76)

Q75. What was the main vegetable in your *(INSERT FROM Q67)*?

(IF Q67= SALAD, GREEN SALAD, MIXED GREEN SALAD, LETTUCE, LETTUCE AND TOMATO, OR Q71= SALAD, GO TO Q76, ELSE GO TO Q79)

Q76. In the green salad you ate, were there any ingredients other than lettuce?

(N/DK/R-SKP Q78)

Q77. Other than lettuce, what were the two main ingredients in the salad?

Q78. Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Q79. (IF Q67= fruit then): How many servings of *(INSERT FROM Q67)* did you eat? (A serving of fruit is about one medium piece of fruit, ½ a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF Q67= vegetable then): How many servings of *(INSERT FROM Q67)* did you eat? (A serving is ½ cup or a big scoop of vegetables or a large green salad.)

(IF Q67= juice then): How many servings of *(INSERT FROM Q67)* did you drink? (A serving of juice is ½ cup or a small glass.)

Q80. Did you eat or drink anything for dinner yesterday?

(N/DK/R-SKP Q95)

Q81. Did you eat any fruits or vegetables, or drink any juice for dinner yesterday?

Q82. Which fruits, vegetables, or juice did you have for dinner yesterday? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) *(List up to five types.)*

(DK/R-SKP Q95)

(IF POTATO, GO TO Q83, ELSE GO TO Q84)

Q83. Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?

(IF Q82= MELON, GO TO Q84, ELSE GO TO Q85)

Q84. What kind of melon did you have?

(IF Q82= DRIED FRUIT, GO TO Q85, ELSE GO TO Q86)

Q85. What kind of dried fruit did you have?

(IF Q82= LETTUCE OR LETTUCE AND TOMATO, GO TO Q86, ELSE GO TO Q87)

Q86. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?

(IF Q82= TOMATO OR LETTUCE AND TOMATO, GO TO Q87, ELSE GO TO Q89)

Q87. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of

something else, or just tomatoes?

(IF Q86 OR Q87= SANDWICH, BURGER, BURRITO, OR TACO, GO TO Q88, ELSE GO TO Q89)

Q88. How many sandwiches, burgers, burritos, or tacos did you eat that included lettuce and/or tomatoes?

(IF Q86= MIXED FRUIT OR MIXED FRUIT SALAD, GO TO Q89, ELSE GO TO Q90)

Q89. What was the main fruit in your mixed fruits or mixed fruit salad?

(IF Q86= MIXED VEGETABLES, STIR FRIED VEGETABLES, OR MIXED VEGETABLE SALAD, GO TO Q90, ELSE GO TO Q91)

Q90. What was the main vegetable in your (*INSERT FROM Q82*)?

(IF Q82= SALAD, GREEN SALAD, MIXED GREEN SALAD, LETTUCE, LETTUCE AND TOMATO, OR Q86= SALAD, GO TO Q91, ELSE GO TO Q94)

Q91. In the green salad you ate, were there any ingredients other than lettuce?

(N/DK/R-SKP Q93)

Q92. Other than lettuce, what were the two main ingredients in the salad?

Q93. Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Q94. (IF Q86= fruit then): How many servings of (*INSERT FROM Q82*) did you eat for dinner? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF Q86= vegetable then): How many servings of (*INSERT FROM Q82*) did you eat for dinner? (A serving is 1/2 cup or a big scoop of vegetables or a large green salad.)

(IF Q86= juice then): How many servings of (*INSERT FROM Q82*) did you drink for dinner? (A serving of juice is 1/2 cup or a small glass.)

Q95. Yesterday, did you eat or drink anything between dinner time and the time you went to bed?

Q96. Did you eat any fruits or vegetables, or drink any juice?

(N/DK/R-SKP Q110)

Q97. Which fruits, vegetables, or juice did you have? (Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, salsa, and french fries. DO NOT include potato chips.) (*List up to five types.*)

(DK/R-SKP Q110)

(IF POTATO, GO TO Q98, ELSE GO TO Q99)

Q98. Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns, or some other kind?

(IF Q97= MELON, GO TO Q99, ELSE GO TO Q100)

Q99. What kind of melon did you have?

(IF Q97= DRIED FRUIT, GO TO Q100, ELSE GO TO Q101)

Q100. What kind of dried fruit did you have?

(IF Q97= LETTUCE OR LETTUCE AND TOMATO, GO TO Q101, ELSE GO TO Q100)

Q101. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of

something else, or just lettuce?

(IF Q97= TOMATO OR LETTUCE AND TOMATO, GO TO Q102, ELSE GO TO Q104)

Q102. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?

(IF Q101 OR Q102= SANDWICH, BURGER, BURRITO, OR TACO, GO TO Q103, ELSE GO TO Q104)

Q103. How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?

(IF Q97= MIXED FRUIT OR MIXED FRUIT SALAD, GO TO Q104, ELSE GO TO Q105)

Q104. What was the main fruit in your mixed fruits or mixed fruit salad?

(IF Q97= MIXED VEGETABLES, STIR FRIED VEGETABLES, OR MIXED VEGETABLE SALAD, GO TO Q105, ELSE GO TO Q109)

Q105. What was the main vegetable in your *(INSERT FROM Q97)*?

(IF Q97= SALAD, GREEN SALAD, OR MIXED GREEN SALAD, LETTUCE, OR LETTUCE AND TOMATO, AND Q101= SALAD, GO TO Q106, ELSE GO TO Q109)

Q106. In the green salad you ate, were there any ingredients other than lettuce?

(N/DK/R-SKP Q108)

Q107. Other than lettuce, what were the two main ingredients in the salad?

Q108. Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Q109. (IF Q97= fruit then): How many servings of *(INSERT FROM Q97)* did you eat? (A serving of fruit is about one medium piece of fruit, ½ a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF Q97= vegetable then): How many servings of *(INSERT FROM Q97)* did you eat? (A serving is ½ cup or a big scoop of vegetables or a large green salad.)

(IF Q97= juice then): How many servings of *(INSERT FROM Q97)* did you drink? (A serving of juice is ½ cup or a small glass.)

Q110. How many total servings of fruits and vegetables do you think you should eat every day to be healthy?

Q111. What is the main reason you eat fruits and vegetables, or drink fruit juice?

Q112. What is the main reason you don't eat more fruits and vegetables, or drink more fruit juice?

Q113. Yesterday how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas. A serving would be one slice of bread, one tortilla, or ½ a bagel.

Q114. Yesterday how many serving of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils. (A serving would be about ½ cup, 2 serving spoons, or a small bowl.)

Q115. Yesterday how many bowls of cereal did you eat?

(N/DK/R-SKP Q117)

Q116. What cereal did you eat the most of yesterday?

Q117. How many total servings of whole grain bread, tortillas, and cereals do you think you should eat every day to be healthy?

Q118. Are you a vegetarian?

Q119. Do you eat chicken, turkey, or other poultry?

Q120. Do you eat fish?

Q121. Do you drink milk?

Q122. Do you eat other dairy products, such as cheese, yogurt, or ice cream?

(IF Q122= Y, GO TO Q123, ELSE GO TO Q128)

Q123. Yesterday, how many servings of milk did you drink, including chocolate milk, fastfood milkshakes, milk on cereal, or large coffee drinks such as a mocha or latté? (A serving of milk is one individual carton, 1 cup, 1 small glass, or 8 ounces.)

(NONE/DK/R-SKP Q125)

Q124. What percent fat was most of the milk you drank yesterday?

Q125. In general, when you drink milk, what percent fat is the milk or chocolate milk you drink?

(IF 2%FAT/WHOLEMILK-SKP Q127/DON'T DRINK/DK-SKP Q128)

Q126. What is the main reason you drink nonfat, skim, fat-free, or 1% fat milk?

(SKP-Q128)

Q127. What is the main reason you don't drink nonfat, skim, fat-free, or 1% fat milk?

Q128. How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

Q129. How many times did you have yogurt yesterday, NOT including frozen yogurt?

Q130. How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

Q131. How many total servings of dairy products, like milk, yogurt, or cheese, do you think you should have every day to be healthy?

Q132. Yesterday did you eat any beef, such as hamburgers, tacos, ground beef, steaks, or hamburger in casseroles?

(N/NA/DK/R-SKP Q134)

Q133. How many times did you eat beef yesterday?

Q134. How many servings of meat, chicken, or fish do you think you should eat every day to be healthy?

Q135. Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or pop-tarts?

Q136. Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls, or onion rings?

Q137. Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Q138. Yesterday did you eat any sweet snacks like cake, pie, cookies, or brownies? Do not include ice cream or reduced fat or fat-free bakery items or lower fat dairy items like ice milk, light ice cream, frozen yogurt, or sherbet.

Q139. Yesterday did you eat any boxes or packages of candy, candy bars, or drink any soft drinks that weren't diet?

Q140. Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds?

Q141. Within the last week did you participate in any physical activities, exercise, or sports. Include time spent in physical education class.
(N/DK/R-SKP Q151)

Q142. How many times during the past week did you participate in physical activities, exercise, or sports? (If you exercised more than once a day, include each time. Also include time spent in physical education class.)

Q143. Yesterday, that was (*INSERT DAY*) did you participate in any physical activities, exercise, or sports?
(N/DK/R-SKP Q151)

Q144. What type of physical activity, exercise or sport did you spend the most time doing yesterday?
(IF JOG, RUN, SWIM, OR WALK, GO TO Q145)
(IF DO NOT JOG, RUN, SWIM, OR WALK, GO TO Q146)

Q145. How far did you (*INSERT ACTIVITY: JOG, RUN, SWIM, OR WALK*) yesterday?

Q146. For how many minutes or hours did you do this activity?

Q147. Was there another physical activity, exercise, or sport that you participated in yesterday?
(N/DK/R-SKP Q151)

Q148. What type of physical activity, exercise, or sport was it?
(IF JOG, RUN, SWIM, OR WALK, GO TO Q149)
(IF DO NOT JOG, RUN, SWIM, OR WALK, GO TO Q150)

Q149. How far did you (*INSERT ACTIVITY: JOG, RUN, SWIM, OR WALK*) yesterday?

Q150. For how many minutes or hours did you do this activity?

Q151. [If Q6= Y, ask:] Do you currently take physical education class in school?
[If Q6= N/NOT RIGHT NOW/DK/R or Q5=12 (high school graduate), ask:] Were you taking physical education class when you were last in school?

Q152. [If Q6= Y ask:] **How many times a week do you have physical education class in school?**
[If Q6= N/NOT RIGHT NOW/DK/R or Q5=12 (high school graduate), ask:] **How many times a week did you have physical education class when you were last in school?**
(N/DK/R-SKP Q155)

Q153. [If Q151= Y, ask:] **Other than physical education class, are you EVER involved in any team or individual sports or activities, such as school sports, intramural sports, or out-of school programs?**
[If Q151= N/DK/R, ask:] **Are you EVER involved in any team or individual sports or activities, such as school sports, intramural sports, or out-of school programs?**
(N/DK/R-SKP Q155)

Q154. [If Q151= Y, ask:] **Other than physical education class, are you CURRENTLY involved in any team or individual sports or activities, such as school sports, intramural sports, or out-of school programs?**
[If Q151= N/DK/R, ask:] **Are you CURRENTLY involved in any team or individual sports or activities, such as school sports, intramural sports, or out-of school programs?**

Q155. **Hard physical activity or exercise causes you to breathe hard and sweat and includes basketball, jogging, soccer, or fast bicycling. For good health, how many days a week do you think you should participate in hard physical activity, exercise, or sports?**
(N/DK/R-SKP Q157)

Q156. **On these days, how many minutes or hours do you think you should participate in HARD physical activity, exercise, or sports for good health?**

Q157. **Moderate physical activity or exercise causes you to breathe slightly harder than normal and makes you feel warmer, but does not make you sweat heavily or out of breath. It includes tennis, volleyball, slow bicycling, rollerblading, brisk walking, or dancing. For good health, how many days a week do you think you should participate in moderate physical activity, exercise, or sports?**
(N/DK/R-SKP Q159)

Q158. **On these days, how many minutes or hours do you think you should participate in MODERATE physical activity, exercise, or sports for good health?**

Q159. **What is the main reason you get exercise or physical activity?**

Q160. **What is the main reason you don't get more exercise or physical activity?**

Q161. **Have you ever tried or experimented with cigarette smoking, even a few puffs?**
(N/DK/R-SKP Q168)

Q162. **Have you ever smoked a whole cigarette?**
(N/DK/R-SKP Q168)

Q163. **How old were you when you smoked your first whole cigarette?**

Q164. **Have you smoked at least 100 cigarettes in your life?**

Q165. **Do you consider yourself to be a regular smoker?**

Q166. **Have you ever smoked a cigarette every day for at least a month?**

Q167. **Think about the last 30 days. On how many of these days did you smoke?**

Q168. **Have you ever been told you have asthma?**

Q169. **Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?**

Q170. **Yesterday, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.**

Q171. **Are you of Hispanic origin, such as Mexican-American, Latin American, Puerto Rican, or Cuban?**

[*If Don't know or refused:*] **Our data analysis is based on several factors -- and ETHNICITY is one of the most important. You have already invested several minutes providing extremely important and useful data for this study. Also, please remember that your answers are confidential and will not be revealed to anyone. Would you be willing to tell me if you are of hispanic origin now?**

Q172. **Do you consider yourself to be Mexican, Mexican-American, or other Hispanic?**

Q173. **What is your race? Would you say: White, Black, Asian, Pacific Islander, American Indian, Alaska Native, or Other?**
(W/B/AI-SKP Q175/DK/R-SEE BELOW)

[*If Don't know or refused:*] **Our data analysis is based on several factors -- and RACE is one of the most important. You have already invested several minutes providing extremely important and useful data for this study. Also, please remember that your answers are confidential and will not be revealed to anyone. Would you be willing to tell me if you are of hispanic origin now?**

Q174. **Are you Chinese, Japanese, Korean, Filipino, or Other?**

Q175. **In what country were you born?**
(MEXICO/JAPAN/CHINA/TAIWAN/PHILIPPINES/KOREA/VIETNAM/OTHER-SKP Q177)

Q176. **In what country was your mother born?**
(SKP Q178)

Q177. **How old were you when you first came to live in the United States?**

Q178. **Do you consider English to be your native language?**
(Y/DK/R-SKP Q183)

Q179. **What language do you consider to be your native language?**

Q180. **In general, would you say you read and speak only (*INSERT FROM Q179*), read and speak (*INSERT FROM Q179*) better than English, read and speak both equally well, read and speak English better than (*INSERT FROM Q179*), or read and speak only English?**

Q181. **What language do you usually speak at home?**

Q182. **What language do you usually speak with your friends?**

- Q183. **About how much do you weigh without shoes?**
- Q184. **What do you think is the best weight for you?**
- Q185. **About how tall are you without shoes?**
- Q186. **Do you ever do anything to try to lose weight?**
(N/DK/R-SKP Q189)
- Q187. **What is the most common thing you do to try to lose weight? Would you say: go on a diet, fast, exercise, workout, smoke, or some other way?**
- Q188. **Are you dieting to lose weight now?**
- Q189. **Are you taking any vitamins or nutritional supplements now?**
- Q190. **About how much money do you have each week to spend on yourself any way you want to?**
- Q191. **Do you have a paid part-time or full-time job?**
- Q192. **Do you have more than one telephone number in your household?**
(N/DK/R-SKP Q194)
- Q193. **How many residential telephone numbers do you have?**
- Q194. **What county do you live in?**
- Q195. **What is your zip code?**
- Q196. **Do you like the food served at your school?**
- Q197. **In general, are fruits, vegetables, and juices available to you when you are hungry?**
- Q198. **Have you ever worked in a garden to grow fruits and vegetables?**
- Q199. **Do you think you could eat more fruits and vegetables?**
- Q200. **Can you find healthy foods in your home?**
- Q201. **Do you know how to pick out healthy foods from menus?**
- Q202. **Did anyone ever teach you how to cook foods in a healthy way?**
- Q203. **Do you feel bad about yourself on days when you haven't eaten healthy food?**
- Q204. **Do your parents or the adults you live with notice when you haven't eaten healthy foods?**
- Q205. **How many times per week do YOU cook for your family or the people you live with?**
- Q206. **Do you usually eat dinner with your family or the people you live with?**
- Q207. **Do you exercise or play sports with your family or the people you live with?**

Q208. **Do you exercise or play sports with your friends?**

Q209. **Do you like the other kids or people you exercise or play sports with?**

Q210. **Do you like the adults who organize or teach your sports or activities? This would include coaches, dance teachers, youth ministers, or anyone who organizes your sports or activities.**

Q211. **Do you live near a school, park, or other place where you can exercise or workout?**

Q212. **Do you think you could do hard exercise everyday?**

Q213. **Do you feel bad about yourself on days when you don't get any physical activity or exercise?**

Q214. **Have you ever gone hungry because there was not enough money to buy food for your house or home?**

Q215. **That is my last question. Let me emphasize that your answers cannot be identified with your name. Everyone's answers will be combined to give us information about eating and exercise among kids your age.**

THANK YOU very much for your time and cooperation.

Q216. (*TO INTERVIEWER - DO NOT READ ALOUD*) Do you suspect that someone may have been listening in at the respondent's household during the interview? (N-END)

Q217. (*TO INTERVIEWER - DO NOT READ ALOUD*) How sure are you that someone may have been listening in?

Q218. (*TO INTERVIEWER - DO NOT READ ALOUD*) Do you think the respondent's answers were biased because someone was listening in?

Q219. (*TO INTERVIEWER - DO NOT READ ALOUD*) Was the interview conducted in English or Spanish?